



# SENIOR SERVICES EVENTS & ACTIVITIES

# APRIL 2010



## SENIOR SERVICES 292-8262 TRANSPORTATION PROGRAM 292-8261

## NUTRITION PROGRAM ON-SITE CAFÉ 292-8279 NUTRITION PROGRAM MEALS - ON - WHEELS 292-8279

monday	tuesday	wednesday	thursday	friday
<b>UP COMING EVENTS:</b>			<b>1</b>	<b>2</b>
<b>MAY 6 ~ RINGLING BROS. &amp; BARNUM &amp; BAILEY CIRCUS</b>	<b>MAY 13 ~FREE VISION SCREENING &amp; EYE CARE PRESENTATION</b>		<b>NO SCHEDULED FOOT CARE</b>	<b>ALL TOWN OFFICES</b>
			<b>RE-SCHEDULED FOR 4/8</b>	<b>CLOSED IN</b>
			<b>FREE BLOOD PRESSURE</b>	<b>OBSERVANCES</b>
<b>MAY 7 ~ SPECIAL MOTHER'S DAY LUNCHEON - SIGN UP WILL BE AT APRIL SOCIAL</b>	<b>MAY 18 ~ FOXWOODS</b>		<b>BLOOD SUGAR SCREENING</b>	<b>OF GOOD FRIDAY</b>
			<b>10:00 - 12:30</b>	
<b>5</b>	<b>6</b>	<b>7</b>	<b>CAFÉ LUNCH ~ NOON</b>	
			<b>SENIOR CLUB MEETING 1:00 - 3:00</b>	
<b>SHOPPING @ WAL-MART / BIG Y PLAZA 9:00 - 11:00</b>	<b>COMMUNITY CONVERSATIONS W/ EDWARD ALIBOZEK, ACTING SUPERINTENDENT OF THE WATER POLLUTION CONTROL AUTHORITY</b>	<b>SHOPPING @ GEISSLERS'S 9:00</b>	<b>8</b>	<b>9</b>
<b>A.C.T.I.V.E. CLASS</b>		<b>FREE BRIDGE CLASS</b>	<b>FOOT CARE SERVICES 9:00 - 12:00</b>	<b>SPECIAL DIAL-A-RIDE TRIP TO K-MART PLAZA IN VERNON</b>
<b>10:30 - 11:15</b>		<b>9:00 - 11:00</b>	<b>BY APPOINTMENT ONLY</b>	<b>&amp; LUNCH AT THE</b>
<b>CAFÉ LUNCH ~ NOON</b>	<b>10:30 - 11:30</b>	<b>CAFÉ LUNCH ~ NOON</b>	<b>WALKING PROGRAM</b>	<b>VERNON SUPER BUFFET</b>
<b>WALKING PROGRAM 12:30</b>	<b>CAFÉ LUNCH ~ NOON</b>	<b>Wii LEAGUE BOWLING 12:30</b>	<b>9:30 - 11:00</b>	<b>9:00 - 1:30</b>
	<b>FREE CHAIR YOGA 1:00 - 2:00</b>		<b>CAFÉ LUNCH ~ NOON</b>	
<b>12</b>	<b>13</b>	<b>14</b>	<b>FOOT CARE SERVICES 12:30 - 2:00</b>	<b>CAFÉ LUNCH ~ NOON</b>
			<b>BY APPOINTMENT ONLY</b>	
<b>SHOPPING @ WAL-MART / BIG Y PLAZA 9:00 - 11:00</b>	<b>MEET AND GREET THE SENIOR CENTER TRANSPORTATION COORDINATOR, TERESA HILL</b>	<b>SHOPPING @ GEISSLERS'S 9:00</b>	<b>15</b>	<b>16</b>
<b>NEW SPRING SESSION</b>		<b>FREE BRIDGE CLASS 9:00 - 11:00</b>	<b>WALKING PROGRAM</b>	<b>SHOPPING @CHRISTMAS TREE SHOPS 9:00AM</b>
<b>A.C.T.I.V.E. CLASS 10:30 - 11:15</b>	<b>10:30 - 12:00</b>	<b>A.C.T.I.V.E. CLASS 10:30 - 11:15</b>	<b>9:30 - 11:00</b>	<b>Wii OPEN BOWLING 10:30 - 12:00</b>
<b>CAFÉ LUNCH ~ NOON</b>	<b>CAFÉ LUNCH ~ NOON</b>	<b>CAFÉ LUNCH ~ NOON</b>	<b>CAFÉ LUNCH ~ NOON</b>	<b>CAFÉ LUNCH ~ NOON</b>
<b>WALKING PROGRAM 12:30</b>	<b>FREE INSTRUCTIONAL CHAIR YOGA 1:00 - 2:00</b>	<b>Wii LEAGUE BOWLING 12:30</b>	<b>SENIOR CLUB MEETING</b>	<b>Wii FIT 1:00 - 2:00</b>
			<b>1:00 - 3:00</b>	<b>SCRABBLE CLUB 1:00 - 2:00</b>
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
<b>SHOPPING @ WAL-MART / BIG Y PLAZA 9:00 - 11:00</b>	<b>AARP SAFE DRIVING CLASS</b>	<b>AARP SAFE DRIVING CLASS 9:00</b>	<b>MONTHLY SOCIAL 12:00 - 2:00</b>	<b>Wii OPEN BOWLING</b>
<b>A.C.T.I.V.E. CLASS</b>	<b>9:00 - 12:00</b>	<b>SHOPPING @ GEISSLERS'S 9:00</b>	<b>LIVE ENTERTAINMENT PROVIDED BY</b>	<b>10:30 - 12:00</b>
<b>10:30 - 11:15</b>	<b>CAFÉ LUNCH ~ NOON</b>	<b>FREE BRIDGE CLASS 9:00 - 11:00</b>	<b>BILL KEENEY, THE SILVER WOLF</b>	<b>CAFÉ LUNCH ~ NOON</b>
<b>CAFÉ LUNCH ~ NOON</b>	<b>FREE INSTRUCTIONAL CHAIR YOGA 1:00 - 2:00</b>	<b>A.C.T.I.V.E. CLASS 10:30 - 11:15</b>	<b>FINAL PAYMENTS DUE FOR MAY TRIPS/ SIGNUPS FOR JUNE TRIPS</b>	<b>Wii FIT 1:00 - 2:00</b>
<b>WALKING PROGRAM 12:30</b>	<b>AARP DRIVING CLASS 12:30 - 2:00</b>	<b>CAFÉ LUNCH ~ NOON</b>	<b>EARTH DAY - PLANT A FLOWER</b>	<b>SCRABBLE CLUB 1:00 - 2:00</b>
		<b>SET UP FOR MONTHLY SOCIAL</b>		
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
<b>SHOPPING @ WAL-MART / BIG Y PLAZA 9:00 - 11:00</b>	<b>MEET AND GREET WITH LAURA CLYNCH, DIRECTOR OF EW SENIOR SERVICES</b>	<b>MEALS-ON-WHEELS VOLUNTEER BREAKFAST @CRT 8:30 - 10:00</b>	<b>WALKING PROGRAM</b>	<b>SHOPPING@ENFIELD SQUARE/ HOME DEPOT/KOHL'S 9:00AM</b>
<b>A.C.T.I.V.E. CLASS</b>		<b>SHOPPING @ GEISSLERS'S 9:00</b>	<b>9:30 - 11:00</b>	<b>Wii OPEN BOWLING</b>
<b>10:30 - 11:15</b>	<b>10:30 - 12:00</b>	<b>FREE BRIDGE CLASS 9:00 - 11:00</b>	<b>CAFÉ LUNCH ~ NOON</b>	<b>10:30 - 12:00</b>
<b>CAFÉ LUNCH ~ NOON</b>	<b>CAFÉ LUNCH ~ NOON</b>	<b>A.C.T.I.V.E. CLASS 10:30 - 11:15</b>	<b>COFFEE HOUR WITH LAURA, DIRECTOR OF THE EAST WINDSOR SENIOR CENTER</b>	<b>CAFÉ LUNCH ~ NOON</b>
<b>WALKING PROGRAM 12:30</b>	<b>FREE INSTRUCTIONAL CHAIR YOGA</b>	<b>CRT SPEAKER, LORI LENNON "JUST SAY UNSALTED PLEASE"</b>	<b>12:30 - 1:30</b>	<b>Wii FIT 1:00 - 2:00</b>
	<b>1:00 - 2:00</b>	<b>CAFÉ LUNCH ~ NOON</b>		<b>SCRABBLE CLUB 1:00 - 2:00</b>

**NATIONAL VOLUNTEER WEEK APRIL 18th - 24th**

3/22/2010